

# The Sourdough

S E N T I N E L

Nov. 24, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 47

## HAPPY THANKSGIVING



## ARCTIC WARRIORS





# Our Day of Thanks – Remembering our Blessings

By **Gen. Paul V. Hester**  
Pacific Air Forces Commander

This year as we celebrate Thanksgiving, let’s not forget that it’s more than another day of turkey and leftovers that last for days. Although it is a festive time of year, we should take the time to count the many blessings we have each received over the past year.

We should first and foremost be thankful for our families – our spouses, children, our

parents, and neighbors. It is their spirit and devotion that keeps us going through all times, good and bad. They are truly the most precious gifts we have to be thankful for... and we must not forget that.

I am personally thankful for the wonderful opportunity to serve with so many fine men and women that make up our Air Force.

Your dedication to service is an inspiration that greatly impacts our Air Force. The self-

less nature you exhibit in meeting our nation’s needs is felt by every citizen young and old. Let us also keep those who are deployed in our thoughts and prayers.

I am grateful for each and every one of you. May God guide and guard this command, and protect our loved ones who are in harm’s way.

Lynda and I wish you a safe and happy Thanksgiving.



**Brig. Gen. Hawk Carlisle**  
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:  
**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**  
Col. Mike Hass, 3rd CES/CC 552-3007  
Lt. Col. Mark Allen, 3rd SVS/CC 552-2468  
Maj. Mitch Bird, 3rd SFS/CC 552-4304



**Bluff Road Gate Team.**  
The recent decision to use Bluff Road Gate as an alternative to Government Hill Gate was made possible by a team of 3rd Security Forces Squadron, 3rd Civil Engineer Squadron and 3rd Communications Squadron members. Working in sub-freezing weather for a week, the team installed the power, communications, security and sanitation infrastructure necessary to provide a safe working environment for members manning the gate, and a safe alternate route on and off the base for the Government Hill and Elmendorf communities while the Government Hill Gate is closed.

**Staff Sgt. Jesse Crips-Sorger, Staff Sgt. Timothy Teague, Senior Airman Robert Wade, Senior Airman Roberto Maldonado, Tech. Sgt. Warren Waters, Staff Sgt. Joshua Franzen, Staff Sgt. Anthony Fiorenza, Staff Sgt. Kenneth Dillman, Senior Airman Kevin Greynolds,** 3rd Equipment Maintenance Squadron, were recognized for their work while participating as members of a flight control team, organized to isolate a recurring directional flight control system malfunction on an F-15 Aircraft. The team exhausted a total of 336 man-hours over seven days of extensive flight control maintenance, enhancing the aircraft’s overall flight control system leading to a successful functional check flight.

## Katrina survivors thank Arctic Warriors for warm welcome

I would like to take time to use this avenue to ‘turn the tables’ and have my voice heard on the Hurricane Katrina relief.

Since our arrival here on Sept. 29, we have experienced nothing short of phenomenal support and outreach from the Elmendorf community. This fact was echoed through the different media outlets that reported on our situation.

However, as I stated in one TV interview, I couldn’t start to personally mention those who were directly involved with the success in assisting with the virtually rebuilding of our lives. However, I feel

there are some that I would like to give them their ‘just credit’ for all their selfless efforts.

The first place I can start would be with my chain of command at the 11th Operational Weather Squadron and 611th Air Operations Group. My sponsor/supervisor Master Sgt. Trevor Williamson, Senior Master Sgt. Bradley Wasson, Maj. Scott Mag-nan and Lt. Col. Patrick Ludford, to name but a few.

However, the one in the ‘loop’ at the 611th AOG since well before day one was Master Sgt. Gregory Nygaard, 611th AOG 1st Sgt. He, along with all the

Shirts ensured red carpet treatment was given to every individual that relocated here in the aftermath of Katrina.

Next, our major concern was a house to live in. But in hindsight, given the efforts of Beverly Roberts and Stephanie Kendrick from the housing office, this was not a concern at all. These two ladies teamed with Master Sgt. Donald Jenkins, Family Support Center, to ensure we were taken care of in every manner.

Those mentioned are only a few of the people I can personally recall. This should not in any way sell

short ‘All’ the people here who pitched in and made our smooth transition a total success.

This is to include the lady who flagged me down at a base intersection after recognizing our Mississippi tags. She offered her donations of household goods & supplies ... If that’s not considered ‘family’ care, I don’t know what is!

My family (and I’m sure all the others who relocated here) are deeply touched by the Elmendorf reception we received.

**Our sincere, heart warmed thanks to all ...**  
Tom, Deb, Caitlin and Ryan Young

## Member has question about ticket distribution for President’s visit

**Q:** Concerning our recent distinguished visitor, I want to ask just a few simple questions.

We (a tenant unit) were never (officially) told about the DV coming to visit Elmendorf. I expected everyone would be allowed to go and see/hear the DV speak.

On the day of the event, I was told you could not go and see the DV unless you had a ticket. We were never offered tickets.

Why do you need tickets for an event like this? I believe all active duty personnel should have been included in this. In my opinion, there is no security issue with active duty military members.

Did this policy come from the wing or from the DV and his staff?

For some of our folks this could easily turn out to be a ‘once in a lifetime’ opportunity that they missed out on.

It is the principle of the issue I am concerned with.

**A:** Several factors affected the attendance policy.

First and foremost safety drove a planning limit of 4,500 attendees; operational security drove a tight hold of the visit information.

Due to accountability and security, the U.S. Secret Service required all attendees to be manifested, which drove the need for tickets. Of the 4,500 attendees, the White House staff directed 1,000 tickets to the Congressional and local political offices.


Of the remaining 3,500 tickets, I set aside approximately 500 for

anyone who had to work the event in the hangar (all workers, ushers, the U.S. Air Force Band of the Pacific, etc.) and a small reserve for any last minute crises.

As the visit was a joint affair, we distributed the remaining tickets to ‘Service points of contact’ (11th Air Force, 3rd Wing, U.S. Army Alaska, Alaska National Guard and Maritime Forces) based on a ratio of assigned forces in Alaska.

The 3rd Wing distributed their allocated tickets based on the size of the units stationed at Elmendorf.

I am truly sorry you were not able to attend. I wish all could have been given the chance to see the Commander-in-Chief; that desire, that this event is for the troops, motivated our entire team.



# The Sourdough

SENTINEL

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**Best in DoD 2000**  
**Best in Air Force**  
**1999, 2000 & 2001**  
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**1998, 1999, 2000 & 2001**

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## 3rd Wing Moment in History

### Nov. 23, 1950:

The 731st Bomb Squadron became the third operational squadron assigned to the 3rd Bomb Group.





# Preparing to reunite after deployments

**By Master Sgt. Tommie Baker**  
3rd Wing Public Affairs

A great deal of attention is paid to the separation side of military deployment when members leave families and significant others for overseas operations. However, the return and reunion with families and significant others can be just as stressful – sometimes more so.

There are steps to make the transition back as joyful and stress-free as possible.

The Family Support Center and the Chapel Center offer a variety of services to prepare families and friends for the return of a deployed member. Other organizations that provide valuable resources are the Enlisted Spouses of Elmendorf Alaska and the Elmendorf Officers' Spouses' Organization.

## Understanding reunion ups and downs

Couples who have been separated by military deployment often look forward to a member's return as a time of happiness, a chance to get back to "normal" life. Partners miss each other and look forward to time together. Children look forward to having a missing parent back at home. The absent member looks forward to a joyful reunion and the comforts of home.

Mixed in with those feelings of excitement and anticipation are also normal worries and resentments. Couples worry that their partner has changed, that there will be new strains in the relationship.

Both partners may dread giving up the independence that being apart has allowed them, and may resent what they imagine as the freedom the other has enjoyed during deployment.

Reunions can be especially challenging if the deployment was longer or more dangerous than usual. If the deployment created serious money problems for the family, or communicating back home was more difficult than expected. If the deployment is just the latest in a series of deployments, or if there are feelings of jealousy or rumors of infidelity.

The initial reunion often is happy, but because expectations on all sides are so high, it can also be disappointing. The opportunities for crushed hopes are long.

What can make returning from deployment an unhappy and stressful time is the mismatch between expectations and reality. It also causes the need to change and fit into new family roles and routines.

## Before the reunion

Despite the best of intentions, the member or the partner at home may be too exhausted, busy, or anxious to prepare the way they would like to for the reunion.

Combined with high expectations,

and sometimes unrealistic hopes, this can lead to disappointment.

Unpredictable timing can also get in the way of happy and relaxed reunions. Both partners need to understand that late flights, bad weather, incorrect passenger lists, family emergencies and missed phone calls or messages can spoil even the most careful plans.

## What the returning member can do

Find out and communicate the details of their return plan, and keep their partner updated on any schedule changes.

Make backup plans in case the flight arrives at a time when the partner can't be there. Are there phone numbers where the partner at home can be reached at different times of day and night?

Be understanding and forgiving if the reality of the reunion doesn't match plans and hopes.

## The day of the reunion

Be prepared for exhaustion, jet lag, unpredictability and changes in the schedule. Be prepared, too, for reactions that aren't what is expected.

The partner at home may have planned a joyful welcome, for example, with banners, gifts, or favorite foods, only to find the member too exhausted to notice. Babies and young children may pull away from or cry at the returning parent's efforts to hold and hug them.

## What the returning member can do

Be patient if no one is there to meet you when you arrive. Use your backup plan to get home. Understand that changes in your return schedule, a missed message, or family or work responsibilities are probably the reasons, not a lack of desire to see you as soon as possible.

Make a conscious effort to make only positive comments about any noticed changes when you get home. Try this for at least the first two days.

Look for positive changes, such as how children have grown and matured, new skills they have learned, or household improvements spouses have managed. Tell family members you are proud of them.

Show appreciation for the extra work the partner has taken on while you were away.

Don't criticize the ways your partner handled added tasks, even if it's very different from how you would do it.

Expect your children might not welcome you back immediately with smiles and hugs. Very young children may see you as a stranger at first and be shy or even scared. Be patient as they take time to get to know you and accept you as a parent again. Older children may be angry at you for being away so long, at least at first.

Teenagers may hold back as a way to try new independence. Remember, these are all natural responses for different aged children.

## What the partner at home can do

Do something special to welcome home the returning member. Make a banner, prepare a meal with your partner's favorite foods, or have your children make a special homecoming gift. Don't be hurt if your partner is too tired on arriving to notice how you've prepared.

Expect your partner to be a little hurt at seeing how well you have managed on your own. Explain that while you're proud that you were able to keep things going, you want to get back to sharing those responsibilities.

## The first week

Couples often report feeling like strangers to each other in the first hours and days of return, especially after long deployments.

They sometimes have problems, too, with different expectations about how they'll spend these first few days. A member looking forward to an escape from the rigid routine of deployment, for example, might not react well to a partner's tightly scheduled plans for the first few days. After an exciting or dangerous deployment, a member may want quiet time at home. After a dull deployment, the member may want to get out and do all the activities he or she has been missing.

Both partners may have trouble with expectations about how quickly the returning member will take on household tasks. Some members may want to be included in family decisions right away, while others may want to get involved more gradually, allowing their partners to make decisions for the first few days. The partner at home may be eager or reluctant to give up some of these decision-making roles.

## What the returning member can do

Make time for your family. Hold off on visits to relatives and limit time with friends until you've settled into a comfortable routine.

Take time to talk with your partner. After a long absence, you need to get to know each other again. Both have had new experiences that may have changed priorities and ideas about roles in the marriage and the family. Talking now can help you lay the foundation for a newly strengthened relationship.

Take time to understand how the family has changed while you've been gone. Don't charge in with your own way of getting things done. Notice how your partner is dealing with your children's discipline, for example, and restrain yourself from

taking over with a tougher or looser approach.

Spend time alone with each member of your family. Think of things to do with your children that you each enjoy and that will give you time to talk and have fun together in a relaxed way.

Watch your spending. It can be tempting to celebrate returns with dinners out or special gifts.

## What the partner at home can do

Don't over-schedule the first days after the return. The regimentation and strict routine of deployment can leave members craving unscheduled time and hoping for a relief from constant responsibilities.

Don't expect your partner to jump in and start taking care of household chores and tasks just as before. The long trip home leaves most members in need of rest to adjust to a change in time zones. Even the change from military food to home-cooked food can be an adjustment. Give it time, talk about what needs to be done, and let your partner take on household tasks at a pace that's comfortable for both of you.

Spend time talking with each other. You've both been through separate experiences during your partner's deployment, and you've both changed in some ways. Talking can help you get to know each other again, to regain the intimacy you had before, and to rebuild family routines that include you both.

Expect your children to test the rules now that both parents are home. Whenever there's a change in a family, children work to find out whether it might mean any loosening of limits. Talk with your partner to explain any new rules you've set, so that you can present a united front. Together, apply rules fairly and consistently.

Watch your spending. You've managed to budget during your spouse's deployment. Now that you're back together as a family you'll have added expenses (another adult mouth to feed, for example).

Don't give up activities you enjoy and that help you relax. If you've adopted an exercise routine, taken up a hobby you like, or joined a regular book group, don't give it up just because your partner is home. You may need to be flexible to fit these activities into the new family schedule, but do your best to find a way.

The Family Support Center is located at 8535 Wewak Dr. and can be reached at 552-4943 and the Chapel Center is located at 10427 19th St. and can be reached at 552-4422.

For information on ESPEAK, contact Donna Baker at 868-1193 or email [good\\_pickles@hotmail.com](mailto:good_pickles@hotmail.com) or EOSO, contact Michelle Pena at 644-4728 or email [michellepena@hotmail.com](mailto:michellepena@hotmail.com).

*Editor's note: This is the fourth of a five-part series coordinated with the Family Support Center.*

*The information is gathered from [www.airforceonesource.com](http://www.airforceonesource.com).*

View the *Sourdough Sentinel* online at  
[www.elmendorf.af.mil/3Wing/Units/PA/Webdocs/Sourdough.htm](http://www.elmendorf.af.mil/3Wing/Units/PA/Webdocs/Sourdough.htm).

# Base officials emphasize delayed reporting procedures

By Master Sgt. John Scudder  
3rd Civil Engineer Squadron

The Anchorage bowl was hit with its first large snow storm of the season Saturday. With that, base officials want to ensure members are ready for the inevitable slowing, sometimes havoc-wreaking weather.

Communication is paramount to successfully meeting the challenges of getting to work during inclement weather, according to Col. Robert Douglas, 3rd Mission Support Group commander.

When winter weather makes driving conditions hazardous for Elmendorf drivers, base officials have three options:

**Mission essential reporting:** Only mission essential people, as determined by unit commanders and supervisors, are required to report to

duty. Unit commanders must specifically identify who they determine as mission essential in advance. If you have not been told, ask your supervisor.

**Delayed reporting:** All members report for duty while exercising caution and arriving as soon as conditions permit, preferably by 10 a.m.

**Early release:** Unit commanders are responsible for managing early release within their organization, when the wing commander initiates this action. The goal is to stagger departures to alleviate congestion and to allow those who live farthest from the base to leave first.

“These options give us the flexibility to balance safety and mission needs in response to weather situations,” said Colonel Douglas. “However, this is Alaska, and with snow and ice no stranger to the area you can expect these options to be used infrequently. So when conditions at home are severe enough to warrant changes to normal reporting times and no option has been directed, people must coordinate with their supervisors and unit commanders to modify arrival

times and work schedules.”

When the wing commander decides to initiate any of these actions, the command post is notified and disseminates the information. The public affairs office notifies local radio and TV stations.

In addition, the Commander’s Access Channel TV 10, on base only, will address reporting procedures.

Elmendorf members can expect to receive the information as early as possible, but decisions will normally be made by 4:30 a.m.

Elmendorf’s Straight Talk Line at 552-0101 is also used to disseminate current information about weather delays and closures.

If the base goes into mission-essential reporting, dining facilities and lodging will always continue to operate to the maximum extent possible to meet the needs of customers, officials said. However, Army and Air Force Exchange Service facilities may be closed. Call the facilities for operating hours.

“People operating vehicles on Elmendorf during inclement weather need to slow down and drive with the conditions of the roadways,” said Colonel Douglas. “Speed, following too close, and decreased visibility are major adversaries to safe driving.”

Nothing is more important than the safety of our forces and families, added the colonel.

Road condition advisories for Elmendorf fall into four categories according to wing instructions:

**Green:** Roads are clear and dry. Drivers will comply with normal vehicle operating procedures and posted speed limits.

**Amber:** It has been determined that roads may be slippery due to snow, ice or reduced visibility. Operators will exercise caution and reduce speeds by 5 mph below the posted speed.

**Red:** It has been determined that roads may be hazardous due to snow, ice, or reduced visibility. Only operate mission essential vehicles. Drivers of mission essential vehicles will exercise caution and reduce speeds by 10 mph below the posted speed limit. Operators will exercise extreme caution and minimize vehicle dispatches.

**Black:** It has been determined that road conditions are extremely hazardous due to ice, snow, or reduced visibility. Vehicle dispatching is prohibited unless directed by command authority. Only operate emergency response vehicles. Drivers of the emergency response vehicles will exercise caution and reduce speeds by 15 miles per hour, below the posted speed limit.

“A good dose of common sense, slower speeds and increased spacing between vehicles will help everyone get to their destination unscathed,” added Colonel Douglas.

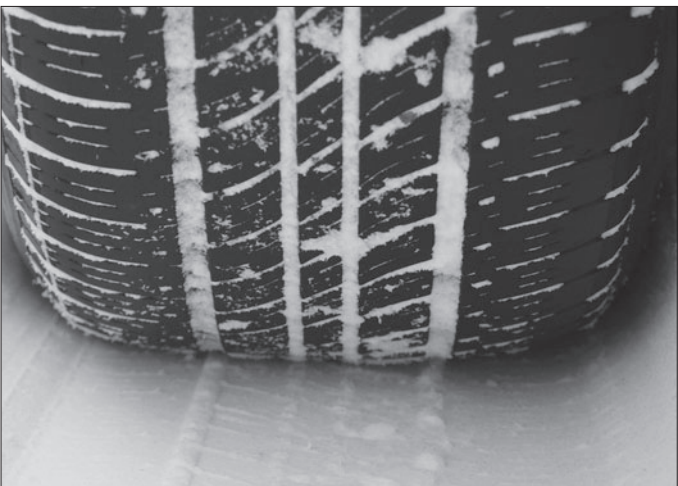


PHOTO BY SENIOR AIRMAN JARED MARQUIS



# Arctic Warriors receive nonjudicial punishment, discharges

**Article 15s:**  
An airman 1st class with the 3rd Aircraft Maintenance Squadron drank alcohol while under the legal drinking age of 21. His punishment was a suspended reduction to the grade of airman, forfeiture of \$150 for two months, restriction to the limits of Elmendorf for 30 days, 30 days extra duty and a reprimand.

An airman 1st class with the 3rd AMXS received a vacation action for providing alcohol to a minor. A vacation action imposes a suspended punishment that had been adjudged by a previous Article 15. In this case his punishment was a of forfeiture of \$200.

A master sergeant assigned to the 381st Intelligence Squadron Squadron, drove a vehicle while under the influence of alcohol. His punishment was a reduction to the grade of technical sergeant, suspended forfeiture of \$500 for two months and a reprimand.

An airman 1st class with the 3rd Services Squadron failed to follow his checklist, failed to secure the dining facility, failed to obey a lawful order, made a false official statement and

failed to pay a debt. His punishment was a suspended reduction to the grade of airman, 40 days extra duty with 20 days suspended and a reprimand. In addition, he was removed from the senior airman promotion list.

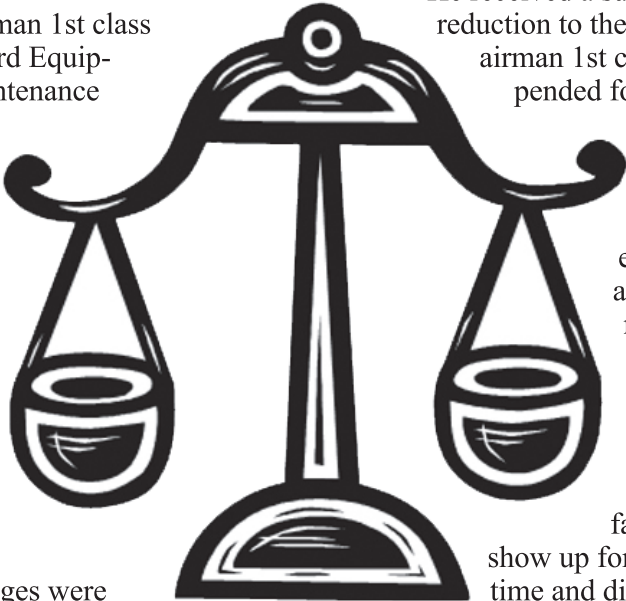
An airman 1st class with the 3rd Equipment Maintenance Squadron failed to maintain vehicle insurance, ran a stop sign and drove a vehicle while her base driving privileges were suspended. Her punishment was a reduction to the grade of airman, forfeiture of \$500 for two months, restriction to the limits of Elmendorf for 15 days and 45 days extra duty.

An airman 1st class with the 3rd EMS was drunk on duty. His punishment was a reduction to the grade of airman, forfeiture of

\$250 for two months and 45 days extra duty. A senior airman with the 3rd Security Forces Squadron wrongfully concealed a firearm while under the influence of alcohol. He received a suspended reduction to the grade of airman 1st class, suspended forfeiture of \$820 pay for two months, 45 days extra duty and a reprimand. A senior airman with the 3rd EMS failed to show up for work on time and disrespected a NCO. He received a suspended reduction to the grade of airman 1st class, forfeiture of \$500 for two months, restriction to the limits of Elmendorf for 15 days and 45 days extra duty.

A senior airman with the 3rd EMS failed his dorm room inspection. His punishment was a reduc-

tion to the grade of airman 1st class, forfeiture of \$250 for two months, restriction to the limits of Elmendorf for 15 days and 45 days extra duty. **Discharges:** An airman 1st class with the 3rd Component Maintenance Squadron was discharged for failing to perform assigned duties properly. His misconduct included one Article 15 for failing to affix warning tags on an aircraft prior to beginning maintenance, a vacation of previously suspended punishment for failing to follow technical data while installing an F-15 fuel flow transmitter, and one letter of reprimand for deviating from technical data while performing maintenance on a C-130. The member had also received two letters of reprimand and one letter of counseling for other misconduct. The member's misconduct resulted in his general discharge. An airman 1st class with the 3rd EMS was administratively discharged for failing to perform progress in on-the-job training. The member failed to score a passing grade of 65 percent on his Career Development Course end-of-course exam. The member's actions resulted in his honorable discharge. *(Courtesy of the 3rd Wing Legal Office)*



# Briefs

## Vietnam veteran to speak

Dave Roeвер, a nationally known motivational speaker, author and Vietnam veteran, will visit Elmendorf Dec. 2-5.

Mr. Roeвер will be the guest speaker at the Protestant praise and worship service Dec. 4 at 6 p.m. at Chapel 1 and tell his story Dec. 5 at 11 a.m. at the base theater. Lunch will be provided at the base theater.

People who want to hear Mr. Roeвер speak at the theater must R.S.V.P. by Dec. 1 to Chaplain (Capt.) Earnest Beeman at 552-4422.

## Tree lighting

Anchorage’s annual Tree Lighting Ceremony takes place Friday at 6 p.m. in Town Square Park.

A reception honoring military members and their families begins at 4 p.m. at the Voth Theatre, 621 West 6th Ave. in Anchorage.

## Holiday party

The 3rd Wing Holiday Party is Dec. 2 at the Susitna Club. The social hour begins at 6 p.m. with dinner at 7 p.m. The attire for the event is “holiday casual.” Party goers are asked to bring an unwrapped gift for Toys for Tots. Door prizes will be given away.

The cost is \$20 for linguine marinara and \$24 for roast turkey or baked ham. Club members

receive a \$3 discount.

Arctic Warriors should sign up with their first sergeant or call Capt. Keith Schilawski at 551-0046 or 552-4481 by Monday.

## Children’s holiday party

People who are attending the 3rd Wing Holiday Party Dec. 2 may take their children to the Children’s Holiday Party on the first floor of 10441 Kuter Ave.

Child care for infants is limited. The child activities include arts and crafts, games, movies and a visit from Santa.

A pizza dinner will be provided. To R.S.V.P. by Monday, call 1st Lts. Kelly York at 552-5769 or Angela Taravella at 552-2016.

## Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar Dec. 5 at 1 p.m. at 6346 Arctic Warrior Drive. The class lasts two to three hours. Seating is limited.

For details or to make a reservation, call 552-4439 or 552-4328.

## Bargain Shop

The Bargain Shop is closed Friday, Dec. 19-30 and Jan. 2. Consignments won’t be accepted in December.

For details, call 753-6134.

## Learn to fly

Registration for Private Pilot Ground School takes place

Dec. 12-16, 9:30 a.m. to 2 p.m. at the Aero Club. Classes are every Tuesday and Thursday, between Jan. 3-Feb. 23 from 6 to 9 p.m. in Hangar 7.

Class costs include the \$350 course and \$255 book kit fees, which may be paid by check or credit card.

Military members eligible for tuition assistance must go online to <https://afvec.langley.af.mil/Pages/home.aspx> to obtain an authorization form. The completed form and the book kit fee must be taken to the Aero Club at the time of registration.

People attending the ground school are not required to be Aero Club members unless they are intending to fly at that time.

For details, call 552-5435.

## Elmendorf tree lighting ceremony

The Elmendorf Tree Lighting Ceremony will be Dec. 7 at 4 p.m. at Chapel 1. Refreshments will follow at the Chapel 1 annex.



### Renter’s Insurance

All Aurora Phase II residents are eligible for free renter’s insurance and may also receive \$8 credit per month if personal insurance is already in place. For details, call 753-1023.

### Ice thickness

The 3rd Civil Engineer Squadron environmental flight measured the ice thickness on Lower Six Mile Lake at 8 inches, which is safe for foot traffic. Ice thickness can vary around and between the lakes. Use caution when accessing lakes.

### Cookie Caper

Anyone interested in helping bag cookies for the annual “Cookie Caper” can contact Vicki Lewis at 929-1079. The “Cookie Caper” delivers cookies to those members working on Thanksgiving, Christmas, Airmen in the dorms and deployed troops.

### Tax Volunteers

The Tax Center is seeking volunteers to help with the tax season. Training will take place Dec. 5-9 and volunteers can expect to spend four hours a week volunteering from late January through late April. For information, call Capt. Peter Kazar at 552-1993 or Tech Sgt. Ronald Johnson at 552-1869.

### Free concert

The U.S. Air Force Band of the

Pacific, featuring Alaska Brass, The Greatlanders and Top Cover, performs its annual Sounds of the Season concerts for free on Tuesday, Wednesday and Thursday at Atwood Concert Hall, 621 West 6th Ave. in Anchorage. The shows begin at 7 p.m., with doors opening at 6:30 p.m.

The concerts are open to the public. Tickets are not needed to attend. For details, call 552-7592.

### Flu shots

The Influenza Vaccine is currently being offered to high-risk individuals. To find out what qualifies as high-risk, call immunizations at 580-2000.

### White House seeks applicants

Military members may apply for the White House Fellowship Program. Up to 19 people are selected each year to work full-time for one year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president.

- Applicants must meet the following criteria:
- have 24 months time on station as of Aug. 1, 2006, or be returning from an overseas assignment from July 1-Aug. 31;
  - have sufficient retainability to serve a three-year active-duty service commitment upon completion of the program; and
  - be available for reassignment.

Applying Airmen must obtain written endorsement and authorization from the first colonel in their chain of command. They must have completed all developmental or professional military education appropriate to their rank. Also enlisted applicants must have an overall 5 rating on their last enlisted performance report.

Applications may be obtained by calling (202) 395-4522, express mail at (202) 606-1818 or by writing to the following address:

President’s Commission on White House Fellows  
712 Jackson Place NW  
Washington DC 20503  
Completed packages, to include applications and endorsements, must be postmarked by Jan. 15 and sent to: HQ AFPC/DPAPE  
550 C St. West, Suite 32  
Randolph AFB TX 78150-4734  
For information, call Senior Master Sgt. David Carlson at 552-6890.

### Advertise your event

Base members wanting to place event information in the *Sourdough Sentinel* can e-mail [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil). Information must be received by 1 p.m. Friday one week before desired publication date. All information submitted is published on a space-available basis.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 4:30 p.m. Sundays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.





PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHAN

Staff Sgt. Rayald Ally

**Organization and duty title:** Honor Guard NCOIC  
**Hometown:** Miami  
**Hobbies:** Working on cars, ping pong, pool and racquetball  
**Mission contributions:** Runs a professional team who performs ceremonial functions in the Elmendorf and Anchorage communities.  
**Time at Elmendorf:** Four years  
**Time in the Air Force:** Five years  
**Best part about being in Alaska:** The long summer days, scenery, and camping  
**Supervisor’s comment:** “Sergeant Ally has a contributed a great deal of time an energy to the Honor Guard. I have been able to voice honor guard manning concerns to the 3rd Mission Support Group with his guidance resulting in 16 new Honor Guard members. His work culminated in the grand opening of the new locker room for the Honor Guard members.” Master Sgt. Mark Canfield



PHOTO BY TECH. SGT. SHARON BALTAZAR

Tech Sgt. Brian Strong

**Organization and duty title:** 3rd Operations Support Squadron NCO-IC of Electronic Intelligence  
**Hometown:** Tracy, Calif.  
**Hobbies:** Fishing  
**Mission contributions:** Maintains all training for more than 20 intelligence warriors  
**Time at Elmendorf:** Six months  
**Time in the Air Force:** 10 years  
**Best part about being in Alaska:** The fishing  
**Supervisor’s comments:** “Sergeant Strong is a reliable source of experienced insight and mentoring for all 3rd OSS Intelligence Flight personnel. He continues to approach every challenge with vigor and victoriously achieves positive results. His professionalism, threat knowledge, and insight are an inspiration to the many intelligence airmen throughout the wing who are striving to accomplish Initial Orientation Training and Mission Qualification Training.” Capt. Johnathan Proctor



# Kulis Pararescuemen continue Pakistan humanitarian relief

By 1st Lt. Erick Saks  
818th Contingency Response Group

Above the mountainous countryside of northern Pakistan, two Alaska Air National Guard pararescuemen aboard a Russian-made MI-8 helicopter survey areas where people may need relief supplies.

These Airmen, known as PJs, are part of a unit that traveled halfway around the world to participate in the ongoing humanitarian relief effort in Pakistan. The country experienced a magnitude 7.6 earthquake last month. It killed more than 73,000 people, the Pakistani government said.

The PJs are providing a search and rescue capability to the operation. They also provide medical assistance in areas affected by the earthquake, said PJ Senior Master Sgt. David Shuman.

“Each day, our team is standing by in case we are needed,” he said. “We have two guys flying on alert with a U.S. aircrew and two guys standing alert with access to specialized rescue equipment. And we put another team on an aircraft of opportunity to drop off aid and help out the people.

“It allows us to have strong coverage of the operations area in case we are needed,” he said.

The PJs are from the 212th Rescue Squadron at Kulis Air National Guard Base, Alaska. Here they work with the 818th Contingency Response Group and 24th Air Expeditionary

Group. Both are primarily made up of 621st Contingency Response Wing and 305th Air Mobility Wing members from McGuire Air Force Base, N.J.

Within 24 hours of the Oct. 8 quake, humanitarian aid began flowing into the country from around the world. A large part of the aid arrived at remote locations via U.S. and coalition helicopters.

“The more helicopters you have flying, the more your chances increase of having a crash,” said PJ Tech. Sgt. Chris Robertson. “The risk also increases when you’re flying outside the United States, where the aircraft operating rules are very different.”

But this team is particularly well-suited to operate in Pakistan’s mountainous area, Sergeant Robertson said.

“As Alaskan PJs, we have by far more mountain training than any other unit in the world,” he said. “We train in high angle rescues. This includes figuring out that puzzle of how to rescue someone on a mountain using ropes, anchors and pulleys.

We also can do confined space rescues, which is just how it sounds, crawling through rubble to save someone,” he said.

The team has not yet had to respond to a distress call. But combat rescue officer Maj. Tom Stephens said the team is ready to perform their search and rescue mission.

“A slow day for us is a good day

for everyone else,” Major Stephens said.

To fulfill the team’s humanitarian assistance role, team members fly aboard U.S. military and embassy aircraft surveying villages and providing medical care.

“We visit different villages daily to see what kind of supplies and medical care they need,” said PJ Tech. Sgt. Dave Johnson. “In the civilian world, we are qualified to the paramedic level, but our training takes us well beyond that. We practice battlefield medicine.

“The standard we train to in special operations medicine is being able to care for someone with a traumatic injury or medical emergency for up to three days,” he said.

Flying above northern Pakistan, the PJs have seen the effects of the earthquake first hand.

“Some of these areas have just been devastated,” Sergeant Robertson said. “Balacot (an area north of Islamabad) has just been leveled. It has that landfill look to it. This one hill



PHOTO BY 1ST LT. ERICK SAKS

**Tech. Sgt. Chris Robertson attempts to contact his command unit in Islamabad, Pakistan. Pararescuemen from the 212th Rescue Squadron at Kulis Air National Guard Base in Anchorage, Alaska, are supporting the humanitarian relief operation in Pakistan.**

had all of these houses on it, and now, it doesn’t look like anyone could ever have lived there.”

While the pararescuemen have been able to provide medical support for more than 100 people following the earthquake, Sergeant Robertson said team members know there are more people who could use their help.

“It’s been frustrating flying over so much devastation and not being able to help more people,” he said. “We’re the type of people who always want to do more.”

*(Courtesy of Air Mobility Command News Service)*



# Arctic Life

*Great living in the great land*

## Arctic Warriors support Air Force One



PHOTOS BY MASTER SGT. TOMMIE BAKER



Clockwise from top right Arctic Warriors aid in Air Force One's preparations for its continued flight to Asia Nov. 14. The plane required refueling, lavatory servicing and general maintenance.

Staff Sgt. Katherine Branson, 732nd Air Mobility Squadron Fleet Services Flight air transportation specialist, performs lavatory service on Air Force One. Elmendorf is a stopover for dignitaries going to and from Asia.

Air Force One takes off for Asia after a brief visit from President George W. Bush who was " ...In the neighborhood." Many agencies, including the 732nd AMS, 962nd Airborne Air Control Squadron, 12th Fighter Squadron, 611th Air Operations Group, Alaska Air National Guard, 176th Air Control Squadron and many others support visiting dignitaries by ensuring their safety and servicing their aircraft.

Airman 1st Class Andrew Vied, 3rd Logistics Readiness Squadron Fuels Management Flight fuels distribution operator, refuels Air Force One.





# Cookie Caper baking in the holidays



PHOTO BY AIRMAN 1ST CLASS GARRET HOTHAN



PHOTO BY AIRMAN 1ST CLASS GARRET HOTHAN



PHOTO BY AIRMAN 1ST CLASS GARRET HOTHAN

## Arctic Warriors deliver

By Senior Airman Jared Marquis  
3rd Wing Public Affairs

The baking portion of the annual “Cookie Caper” will be in high gear until the end of November, when the delivery portion will kick-off.

According to Vicki Lewis, co-chair-person for the event, approximately 15 different groups from Elmendorf have been busy baking more than 18,000 cookies. Once the cookies are baked, they are sorted, bagged, and placed into paper bags decorated by various elementary schools, the School Age Program,

and the on-base Youth Center, she said. The School Age Program alone decorated more than 400 bags.

The bags are then distributed by senior leadership to all members working on Thanksgiving and Christmas Day.

In addition, deliveries will be made to all Airmen in the dorms over the holiday season. Any remaining cookies will be sent overseas to troops, if possible, and then downtown to the shelters.

The baking, which started earlier in November, “... is such a wonderful way to provide a taste of home and to say ‘Thank You,’” said Mrs. Lewis.



PHOTO BY KIMBERLY CHRETIN



PHOTO BY AIRMAN 1ST CLASS GARRET HOTHAN

**Clockwise from left: Fran Nickson watches Andres Cortez decorate a bag for the “Cookie Caper.”**

**Dominique Davis lines up the paper as she prepares to trace a turkey on a bag.**

**Spouses of the 962nd Airborne Air Control Squadron, take their turn baking cookies at the Kenai Dining Facility.**

**Rena Fraser and Jennifer Eisenhart place baked cookies on a sheet. The cookies will be delivered to Airmen working on Thanksgiving and Christmas, and Airmen in the dorms.**

**A member of the 3rd Security Forces Squadron’s baking team places the dough on the tray before baking it. Approximately 15 groups are chipping in to bake 18,000 cookies for the holidays.**



**SANTA'S COMING:** Mark your calendar for the upcoming Breakfast with Santa Dec. 10 and 17 at the Kenai Dining Facility. Call the Arctic Oasis Community Center at 552-8529 for details.



# Military in the Movies

By **Capt. Tony Wickman**  
Alaskan Command Public Affairs

**ACROSS**

- 1. Marine fighting unit, in short
- 4. Japanese sash
- 7. Secretary Ridge’s org.
- 10. USAF eval.
- 13. Tempe, Ariz. school
- 14. The \_\_\_\_ Day; 1962 WWII John Wayne film
- 16. D-\_\_\_\_, the Sixth of June; 1956 WWII Henry Koster flick
- 17. Actor
- 18. Member of any various Indian peoples of central Mexico
- 19. Gun lobby, in short
- 20. Polynesian dance
- 22. Conjunction
- 23. Notify
- 24. Young horse
- 27. \_\_\_\_ Lisa
- 30. Grooved
- 33. Loving
- 37. Article
- 38. The Thin \_\_\_\_ Line; 1999 WWII Sean Penn movie
- 39. Fresh
- 40. WY airport
- 41. EuroAsian country

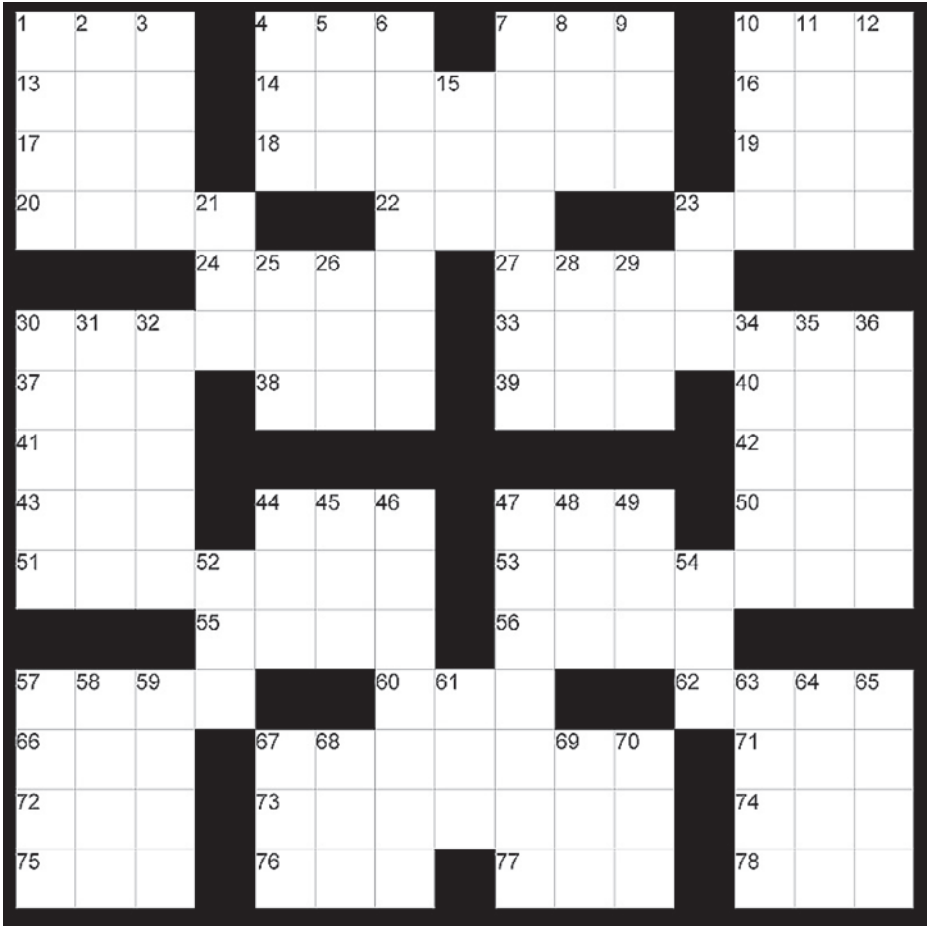
- 42. 3, in old Rome
- 43. Inventor Whitney
- 44. Track segment
- 47. Demure
- 50. Appendage
- 51. American physician and writer Oliver \_\_\_\_ Holmes
- 53. Weekday
- 55. Continent
- 56. Actress Zellweger
- 57. Droll people
- 60. \_\_\_\_ Chi; exercise format
- 62. Egyptian symbol of life
- 66. Can be a person’s downfall
- 67. Bit
- 71. The Sands of \_\_\_\_ Jima; 1950 John Wayne WWII movie
- 72. Yank’s opponent in Civil War
- 73. Churches under the jurisdiction of a bishop
- 74. Fuel
- 75. Actors Harris and O’Neal
- 76. Mil. ID number
- 77. I, \_\_\_\_
- 78. Smack

**DOWN**

- 1. 1970 movie about 4077th in Korean War
- 2. Eldest son of Isaac and Rebecca
- 3. \_\_\_\_ Metal Jacket; 1987 Stanley Kubrick Vietnam film
- 4. TV channel for outdoorsmen
- 5. Constrictor
- 6. Sucked in
- 7. “\_\_\_\_ walking...”
- 8. Time zone for Hickam AFB
- 9. Missouri airport
- 10. Poet Saint Vincent Millay
- 11. Henry VIII’s last wife Catherine
- 12. Saving Private \_\_\_\_; WWII Steven Spielberg movie
- 15. Top \_\_\_\_; 1986 Tom Cruise USN pilot movie
- 21. USAF guidance for dress, appearance \_\_\_\_ 36-2903
- 23. The Winds of \_\_\_\_; 1983 Robert Mitchum mini-series



*Last week’s solution*



- 25. Rowing need
- 26. Dined
- 28. Lyrical poem
- 29. Apocalypse \_\_\_\_; 1979 Francis Ford Coppola flick
- 30. Scatter
- 31. USAF base in Greenland
- 32. Tree sap
- 34. Epic saga
- 35. Nigerian currency
- 36. Sooty
- 44. Mil. pay statement
- 45. Boxing legend
- 46. 1986 Oliver Stone Vietnam movie
- 47. 1981 Ivan Reitman military comedy
- 48. Color

- 49. Yokota AB host country currency
- 52. \_\_\_\_ Boot; 1982 WWII submarine flick
- 54. Part of SEAL
- 57. We \_\_\_\_ Soldiers; 2002 Mel Gibson Vietnam movie
- 58. Ripened
- 59. Abundance
- 61. USAF MAJCOM for airlift, air refueling
- 63. Close by
- 64. The Bridge Over the River \_\_\_\_; 1957 William Holden WWII flick
- 65. Entertain
- 67. Music records, in short
- 68. \_\_\_\_ Girl Friday
- 69. 6th sense
- 70. Actress Susan



# SPORTS PAGE



PHOTO BY TECH. SGT. ADRIAN CADIZ

The physical training uniform jacket can now be worn with civilian clothes.

## Air Force sets physical training uniform wear date

The Air Force Uniform Board established an Oct. 1, 2006, mandatory wear date of the physical training uniform, for unit fitness activities.

The board also released additional guidance for Airmen wearing the uniform for personal workouts.

Airmen may wear the PTU during personal workouts given the following conditions:

- T-shirts may be worn out or tucked in.
- Jackets may be zipped, unzipped and worn with civilian clothes.
- Black or navy blue leggings or stretch shorts may be worn under the uniform shorts.
- White socks of any length and small conservative trademarks are authorized.
- Any athletic shoes may be worn;
- Safety items such as reflective belts, camelbacks and fanny packs are authorized;
- Hats or knit caps are authorized provided they meet military image requirements;
- Headphones are still authorized;
- Bandanas and other similar head scarves are not authorized unless Airmen have a medical waiver; and

– Saluting is not required.

All Airmen must comply with tattoo and jewelry standards as stated in Air Force Instruction 36-2903, *Dress and Personal Appearance of Air Force Personnel*.

Female Airmen exercising in the PTU may wear their hair free of pins or other accessories normally required to meet uniform standards. Also, there is no mandated maternity uniform while participating in formations or unit activities.

The Air Force created the PTU to support unit cohesion and present a professional, standardized image.

Commanders will determine what uniform items — which consist of a jacket, pants, shorts and T-shirt — Airmen will wear during unit fitness events.

The uniform board is working on optional items including a long-sleeve shirt, sweatshirt and another style of running shorts.

For more information, Airmen should contact their commander's support staff, military personnel flight or personnel office at deployed locations.

(Courtesy of Air Force Personnel Center News Service)

### Hillberg ready to open

Hillberg Lodge opens for tubing, skiing and snowboarding Friday.

Its operating hours for the holiday weekend are:

**Friday** Noon-9 p.m.

The Pro Shop opens at 9 a.m.

**Saturday and Sunday** Noon-9 p.m.

Its regular hours are:

**Thursdays** 5-9 p.m.

**Fridays** 1-9 p.m.

**Saturdays and Sundays** Noon-9 p.m.

Hillberg is open Noon-9 p.m. daily, except

Dec. 25 and Jan. 1, when it will be closed.



PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHAN

### Kickbox fever

Kevin Hoover instructs a kickboxing lesson Monday at the base gym. A high-intensity workout, the participants punch and kick their way to fitness. The kickboxing classes are held every Monday at 5:30 p.m. In addition, the base gym offers a variety of structured classes to get Airmen and their spouses moving in a healthy direction.